

## AMENDMENTS TO THE CLAIMS

1-111. (Cancelled)

112. (Currently Amended) A composition for promoting muscle carnitine accumulation in human skeletal muscle, the composition comprising L-carnitine or an analogue thereof and an agent to increase blood plasma/serum insulin concentration, and wherein the amount of L-carnitine or analogue thereof is 0.25g to 3g and the amount of the agent is 30g to 450g ~~by weight of said agent is at least ten times the amount by weight of said L-carnitine or analogue thereof.~~

113. (Previously Presented) A composition according to claim 112 wherein the agent is operable to increase sodium dependent carnitine uptake into skeletal muscle.

114. (Previously Presented) A composition according to claim 112 wherein the agent is operable to increase insulin activity in skeletal muscle.

115. (Previously Presented) A composition according to claim 112 wherein the agent comprises a carbohydrate and/or an amino acid and/or a protein.

116. (Previously Presented) A composition according to claim 115 wherein the agent is a carbohydrate.

117. (Previously Presented) A composition according to claim 115 wherein the agent comprises an amino acid.

118. (Previously Presented) A composition according to claim 116 wherein the carbohydrate is a sugar.

119. (Previously Presented) A composition according to claim 116 wherein the carbohydrate comprises glucose, sucrose, and/or fructose.
120. (Previously Presented) A composition according to claim 112 wherein the amount by weight of the agent is between 10 and 150 times the amount by weight of said L-carnitine.
121. (Previously Presented) A composition according to claim 112 wherein the amount by weight of the agent is between 10 and 95 times the amount by weight of said L-carnitine.
122. (Previously Presented) A composition according to claim 112 wherein the amount by weight of the agent is between 10 and 40 times the amount by weight of said L-carnitine.
123. (Currently Amended) A composition according to claim 112 comprising 0.25g to 3g L-carnitine and between 30g and 120g ~~2.5g and 450g~~ of the agent.
124. (Currently Amended) A composition according to claim 112 comprising 0.25g to 3g L-carnitine and between ~~2.5g~~ 230g and 285g of the agent.
125. (Cancelled)
126. (Previously Presented) A composition according to claim 112 in the form of a solution.
127. (Previously Presented) A composition according to claim 112 in the form of an aqueous solution.
128. (Currently Amended) A composition for promoting muscle carnitine accumulation in human skeletal muscle, the composition comprising 0.25g to 3g of L-carnitine or an

analogue thereof and between 30g and 120g ~~2.5g and 450g~~ of an agent to increase blood plasma/serum insulin concentration.

129. (Previously Presented) A composition according to claim 128 wherein the agent is operable to increase sodium dependent carnitine uptake into skeletal muscle.

130. (Previously Presented) A composition according to claim 128 wherein the agent is operable to increase insulin activity in skeletal muscle.

131. (Previously Presented) A composition according to claim 128 wherein the agent comprises a carbohydrate and/or an amino acid and/or a protein.

132. (Previously Presented) A composition according to claim 131 wherein the agent is a carbohydrate.

133. (Previously Presented) A composition according to claim 131 wherein the agent comprises an amino acid.

134. (Previously Presented) A composition according to claim 132 wherein the carbohydrate is a sugar.

135. (Previously Presented) A composition according to claim 132 wherein the carbohydrate comprises glucose, sucrose, and/or fructose.

136. (Previously Presented) A composition according to claim 128 wherein the amount by weight of the agent is between 10 and 150 times the amount by weight of said L-carnitine.

137. (Previously Presented) A composition according to claim 128 wherein the amount by weight of the agent is between 10 and 95 times the amount by weight of said L-carnitine.
138. (Previously Presented) A composition according to claim 128 wherein the amount by weight of the agent is between 10 and 40 times the amount by weight of said L-carnitine.
- 139-141. (Cancelled)
142. (Previously Presented) A composition according to claim 128 in the form of a solution.
143. (Previously Presented) A composition according to claim 128 in the form of an aqueous solution.
144. (Currently Amended) A composition for increasing the carnitine content of human skeletal muscle, the composition comprising L-carnitine or an analogue thereof and an agent to increase blood plasma/serum insulin concentration, wherein the L-carnitine or analogue thereof is provided in sufficient quantity to increase blood/plasma carnitine concentration and wherein the agent is provided in sufficient quantity to increase insulin activity in the tissue by increasing the amount of insulin in the blood/plasma ~~agent is present in an amount sufficient to increase blood plasma/serum insulin concentration above 50 mU/L.~~
145. (Previously Presented) A composition according to claim 144 wherein the agent is operable to increase sodium dependent carnitine uptake into skeletal muscle.
146. (Previously Presented) A composition according to claim 144 wherein the agent is operable to increase insulin activity in skeletal muscle.

147. (Previously Presented) A composition according to claim 144 wherein the agent comprises a carbohydrate and/or an amino acid and/or a protein.
148. (Previously Presented) A composition according to claim 147 wherein the agent is a carbohydrate.
149. (Previously Presented) A composition according to claim 147 wherein the agent comprises an amino acid.
150. (Previously Presented) A composition according to claim 148 wherein the carbohydrate is a sugar.
151. (Previously Presented) A composition according to claim 148 wherein the carbohydrate comprises glucose, sucrose, and/or fructose.
152. (Previously Presented) A composition according to claim 144 wherein the amount by weight of the agent is between 10 and 150 times the amount by weight of said L-carnitine.
153. (Previously Presented) A composition according to claim 144 wherein the amount by weight of the agent is between 10 and 95 times the amount by weight of said L-carnitine.
154. (Previously Presented) A composition according to claim 144 wherein the amount by weight of the agent is between 10 and 40 times the amount by weight of said L-carnitine.
155. (Currently Amended) A composition according to claim 144 comprising 0.25g to 3g L-carnitine and between 30g and 450g ~~2.5g and 450g~~ of the agent.

156. (Currently Amended) A composition according to claim 144 comprising 0.25g to 3g L-carnitine and between 30g and 120g ~~2.5g and 285g~~ of the agent.
157. (Currently Amended) A composition according to claim 144 comprising 0.25g to 3g L-carnitine and between 230g and 285g ~~2.5g and 120g~~ of the agent.
158. (Previously Presented) A composition according to claim 144 in the form of a solution.
159. (Previously Presented) A composition according to claim 144 in the form of an aqueous solution.
160. (Previously Presented) A method of increasing carnitine retention in human and/or animal skeletal muscle, the method comprising administering a composition according to claim 112 to a human and/or animal body in need thereof.
161. (Previously Presented) A prepared human dose comprising a composition according to claim 112.
162. (Previously Presented) A method of treatment of carnitine deficiency in the skeletal muscle of a human subject in need thereof, comprising administering to the subject a composition according to claim 112.
163. (New) The composition of claim 112, wherein L-carnitine or an analogue thereof is L-carnitine.
164. (New) The composition of claim 128, wherein L-carnitine or an analogue thereof is L-carnitine.

165. (New) The composition of claim 144, wherein L-carnitine or an analogue thereof is L-carnitine.